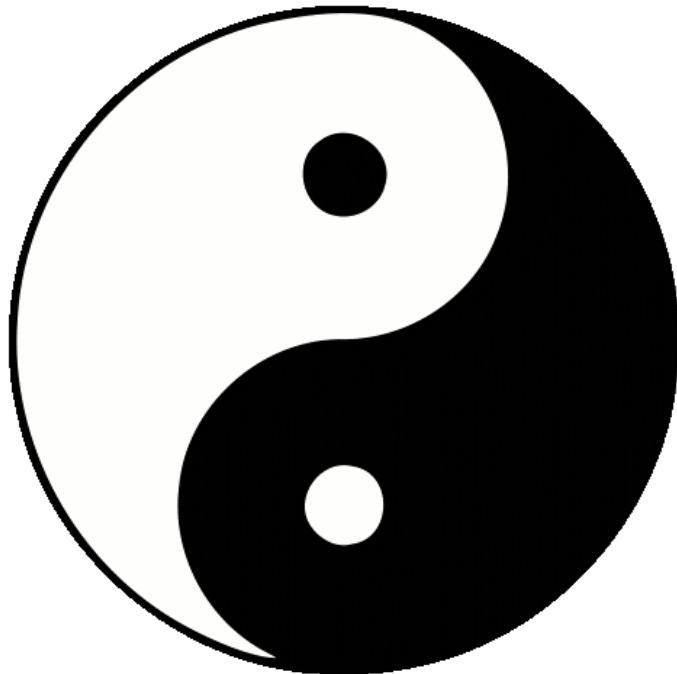


Tai Chi



An ancient Chinese relaxation exercise,
practised in gentle flowing movements,
for

Health, Wellbeing, and Mindfulness

Spring term 2026: Classes for beginners start...

Tue 20 Jan	11:15 am	St Albans
Thurs 22 Jan	7:00 pm	St Albans
Fri 23 Jan	10:15 am	Welwyn Garden City

First class for NEW beginners is FREE



More details on: www.hertstaichichuan.com
or call Kevin 07746 199462

Spring 2026 full class schedule*

*Provisional at Dec 2025. Final schedule will be confirmed in week 1 of the term

Tuesday (Daytime) St Albans

10 weeks from 20 Jan to 31 Mar (17 Feb = half term break)

Homewood Road URC, Homewood Rd, AL1 4BH

11:15am B1 (Beginners 1st third)

12:20pm B2 (Beginners 2nd third) *

13:25pm Fundamentals Awareness *

Charles Morris Hall, Tyttenhanger, AL4 0RN

15:00pm B3 (Beginners 3rd third) *

Thursday (Evening) St Albans

10 weeks from 22 Jan to 2 Apr (19 Feb = half term break)

Ss Alban & Stephen Primary School (Upper Site), Cecil Rd, AL1 5EG

7:00pm B1 (Beginners 1st third) [Main room]

7:00pm Fundamentals Awareness at B1 * [Small room]

8:05pm 'Drop-In' Qigong * [Small room]

8:05pm Intermediate Form * [Main room]

Friday (Daytime) Welwyn Garden City

10 weeks from 23 Jan to 3 April (20 Feb = half term break)

Vineyard Barn, Welwyn Garden City, AL8 7PU

9:00am Fundamentals * [Main room]

9:00am Fundamentals Awareness at B1 * [Small room]

10:15am B1 (Beginners 1st third) [Main room]

10:15am B2 (Beginners 2nd third) * [Small room]

11:25am Sword * [Main room]



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